



We're here to answer all your questions about the EAP.

What is it?
Why would I use it?
What's included?
How do I access?



EAP: what is it?

Confidential tools and resources

– at no cost to you – to help you
manage everything you have
going on every day.

AVAILABLE TO YOU AND YOUR HOUSEHOLD MEMBERS.

Why you might use the EAP.

"I'm feeling sad, overwhelmed, nervous, stressed, can't sleep, hopeless, frustrated, angry..."

"My child is being picked on in school. I don't know what to do."

"Work is really stressful."

"My sister has moved in with us, and its not working out. Things are really rough."

"I was in a car accident and I really want to talk to a lawyer."

"I can't find a daycare to take care of my child."

"I have been getting calls from bill collectors."

EAP is a lot of things...

800-624-5544 | eap.ndbh.com | code: BSD



Short-term counseling



Performance/life coaching



Support after a crisis



Work/Life resources



Training & development



Awareness/inspiration campaigns



Unlimited management & HR consultation



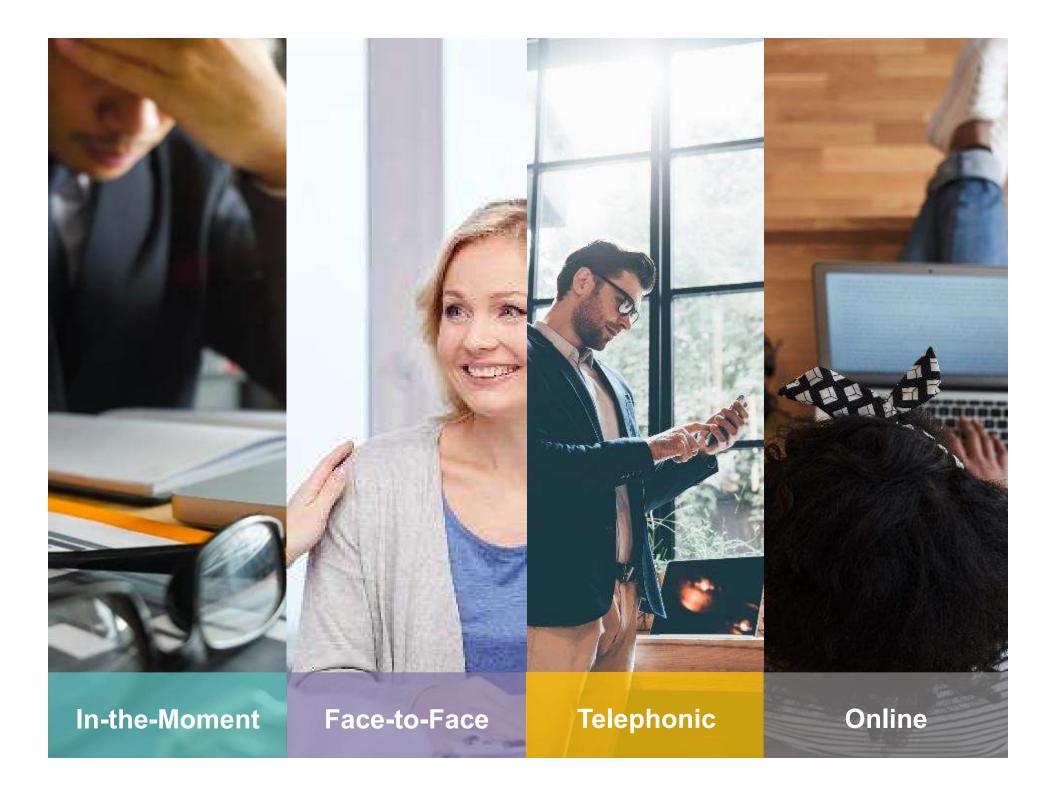
Financial and legal consultation



Website and mobile app



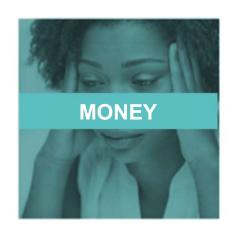
Online self-management



Common reasons people seek counseling



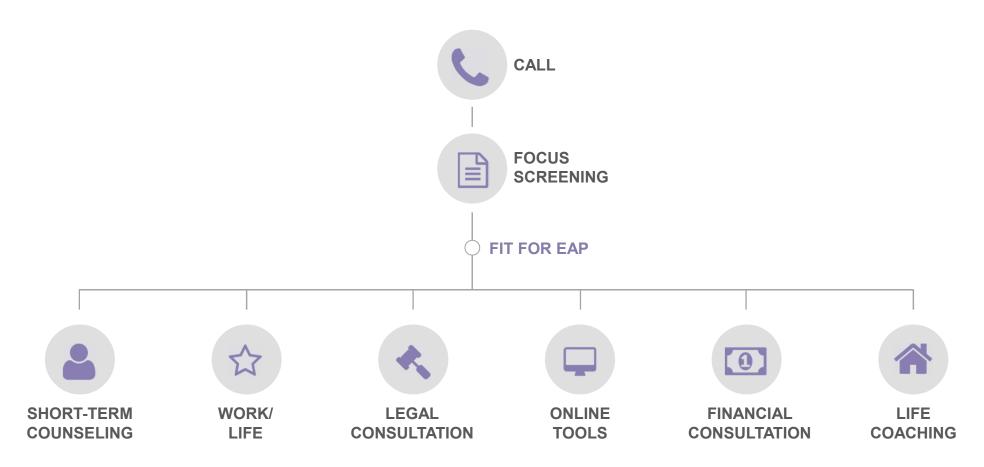




With EAP you get:

- Up to 6 counseling sessions per life topic per year
- A preferred EAP provider
- Counseling for you and your household members & dependents to the age of 26 outside the house
- 100% Confidential

Don't overthink it. Just call if you'd like.









We're here for you.

NEW DIRECTIONS EMPLOYEE ASSISTANCE PROGRAM

A free confidential tool to help you overcome life challenges and live a happy, balanced life.

EAP Support Line 800-624-5544

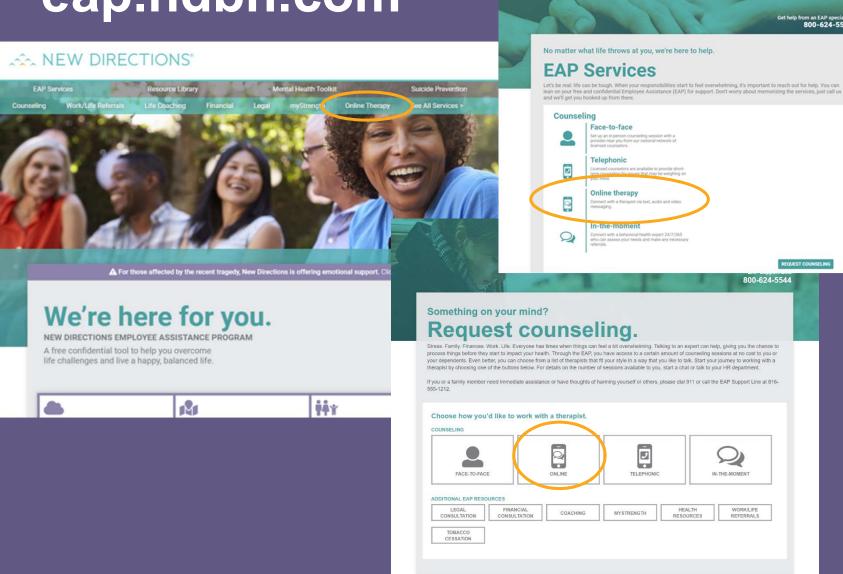
Request Counseling

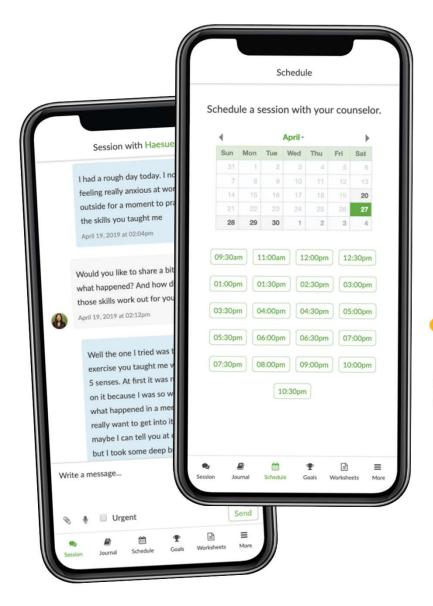
a	2	**	~
I'm not feeling like myself. Get connected to resources >	I can use relationship advice. Hear from the professionals >	My family can use some help. View family resources >	I'm stressed due to changes in my life. Learn stress management >
121	7	\$ 	<u></u>
I need an expert in something.	I need legal help.	I'm worried about making ends meet.	See all EAP services
Find local services >	Discover legal resources >	Browse financial resources >	Browse all services >

I am not sure what I need

Take a health assessment >

eap.ndbh.com





Access online therapy

- Direct web link from promotional materials slides | poster | handout
- Referral after calling EAP Support Line 800-624-5544
- Link on EAP website eap.ndbh.com



Short-term Counseling

Online Therapy

Digital Apps

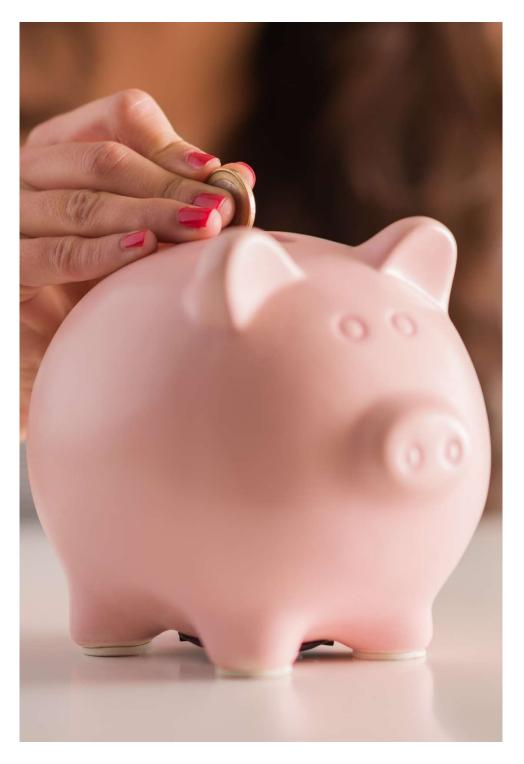
Performance/Life Coaching

Work/Life Resources

Financial and Legal Consultation

Personal and Professional

Development Training



Financial & Legal support

30 minute free consultation + calculators, documents & more

Credit counseling

Tax planning

Retirement and college planning

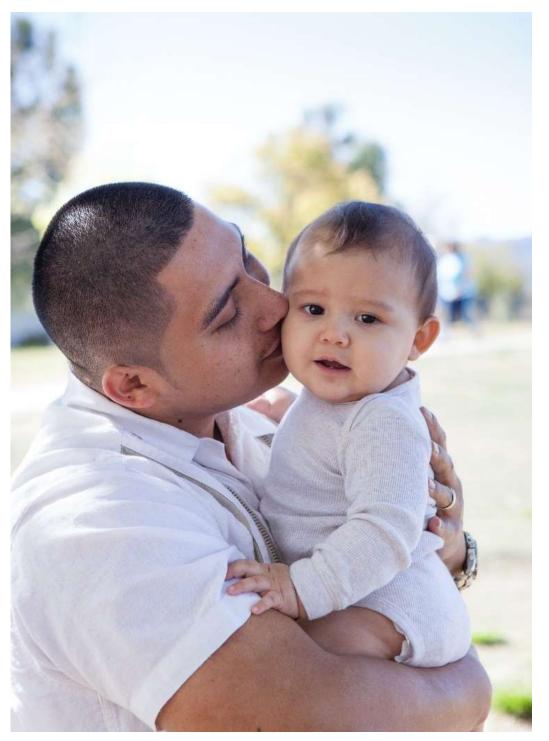
Budget assistance

Estate planning

Collections

Bankruptcy

Contractual disputes



Work/Life

Your personal assistant.

Chat with a specialist or receive local resource referrals for:

Adoption

Adult & child care

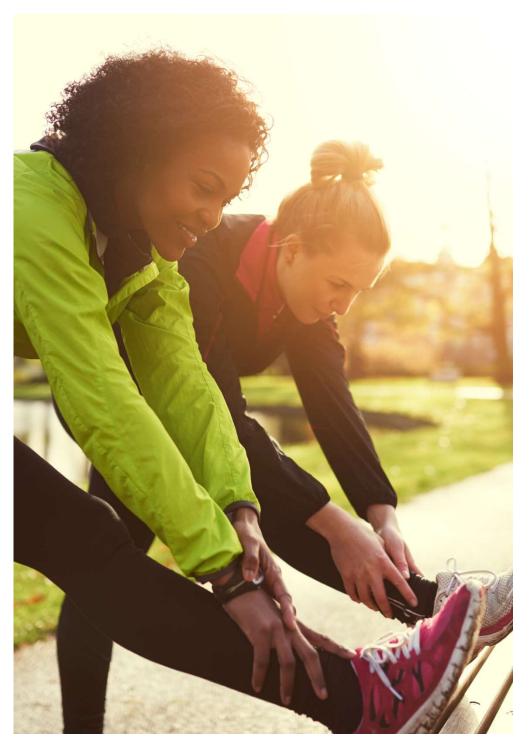
Education

Health & Wellness

Travel

Home repairs

Summer camps

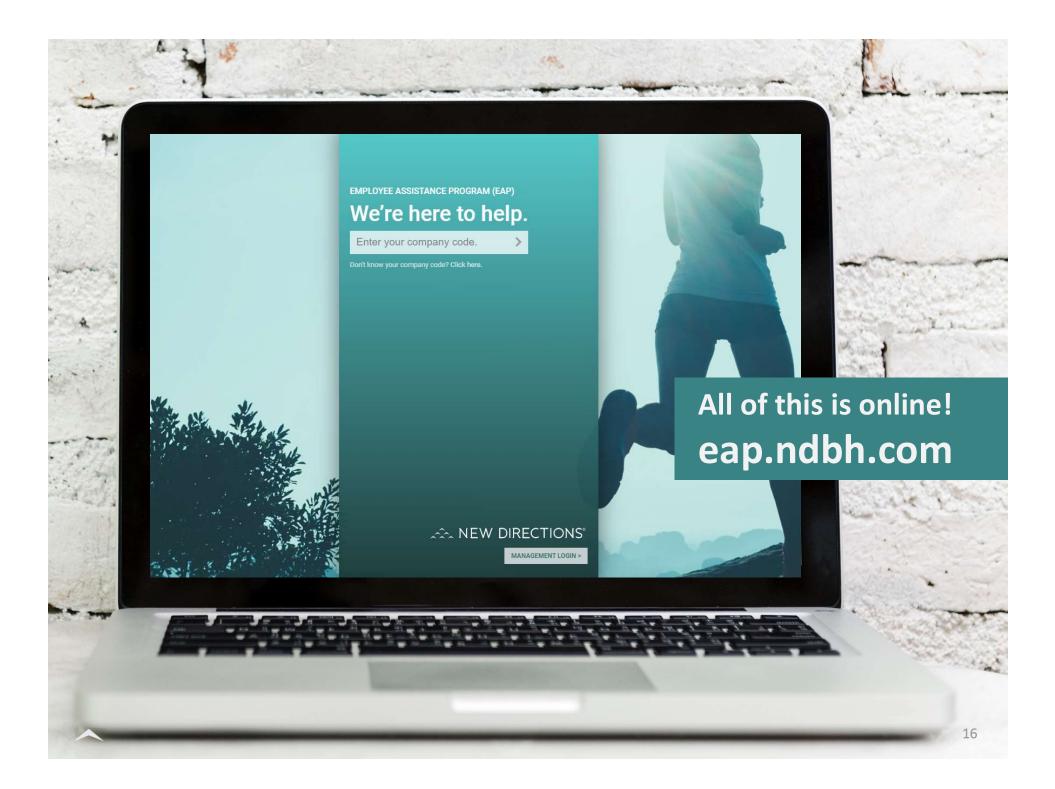


Coaching

Specialized input & advice

Improve your:

Health
Wellness
Lifestyle



Training + Webinars

Monthly

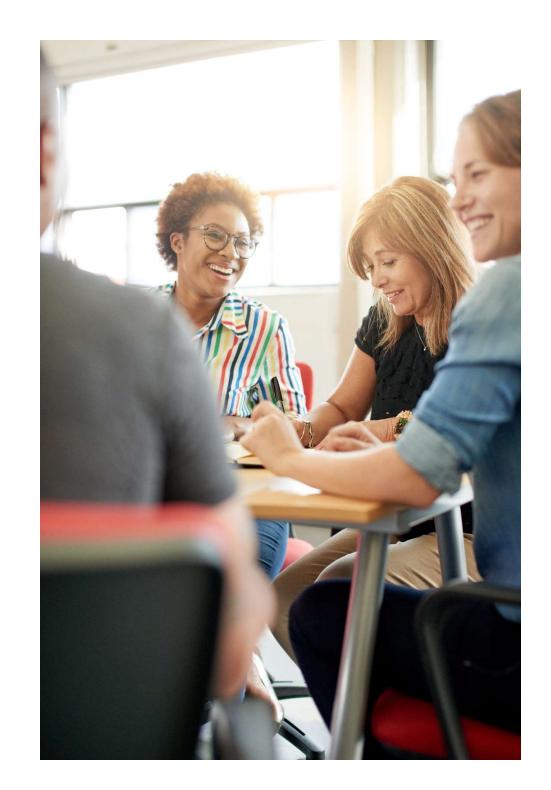
Register online Relevant life topics

Pre-recorded

View any time Hundreds of subjects

Examples

Dealing with Difficult People
Drug and Alcohol Awareness
Child/Parenting Solutions
Relaxation Strategies
Delegating Responsibly
Leading Through Change



Content calendar



Paying off your student loans

Paying off student loans can drag you down. Learn about the state of the s planning for your kids' education.

Communicating with your adolescent

PRESIDENCE 200
Parents of teenagers can discover ways to achieve open communication, teach values and prevent arguments through FEBRUARY 20

this session. Preventing employee harassment

MARCH 20

READY 20 Learn how to recognize, prevent and address different types of harassment in the workplace.

Emotional intelligence for life

APRIL 24
When it comes to happiness and success, emotional
intelligence (EC) is just as important as intellectual ability (IQ).
Learn how to build stronger relationships, connect to your
feelings and make informed decisions.

Navigating personal challenges Discover how to use your strengths, resilience and resources to sall on choppy waters with coping strategies and methods for facing challenges.

Communication across generations

Discuss the strengths and challenges of a multigenerational Workforce and ways to promote teamwork among them all.

Find out where you excel and how to enhance your personal strengths so you can maximize opportunities for success,

Dealing with difficult coworkers

Uncover your triggers, understand why certain personalities can be difficult to work with professionally and create practical strategies for dealing with the situations.

Habits of mindless eating are not easy to change. Learn how VIBILITS OF IMMERSS eating are not easy to Changer Leaft 1909 to pay attention to the experience of eating and drinking and its benefits inside and outside the body.

Talking to children about scary events

The world can be a scary place for kids experiencing fear and The wond can be a scary place for kids expenencing tear and anxiety. Familiarize yourself with signs of distress, comforting methods and how to answer questions about world events.

Care for caregivers

NOVEMBER 11 Caregiving can take a toll on people. Learn about compassion Caregiving can take a toll on people. Learn about compassion fatigue, vicarious trauma and burnout, and how to manage it with self-care and stress reduction techniques.

Navigating change personally and professionally

DECEMBER 16
Many adults struggle with the reality of change inside and Many adults struggle with the reality of chairge insode and outside of work. Examine your responses to change and improve the ways you navigate uncertainty.

JANUARY	Get out of debt	
FEBRUARY	Improve relationships	
MARCH	Navigate the legal system	
APRIL	Care for a loved one	
MAY	Mental Health Month	
JUNE	Manage a life curveball	
JULY	Live a healthy life	
AUGUST	Focus at work	
SEPTEMBER	Suicide Awareness	
OCTOBER	Coping with crisis	
NOVEMBER	Reduce stress	
DECEMBER	Lead others	

Health Resource Library

20,000+ resources & 200+ online courses

Health assessments
Videos
Quizzes
Financial calculators
Legal forms
Health recipes
Resilience program





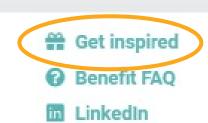


- Bi-monthly email
- Inspires positive feelings and provides tips to better health
- Gives quick and easy ways to reach the EAP
- Subscribe at eap.ndbh.com towards the bottom of the page



Be kind. It's a simple act that makes a difference for you and those around you. Look a stranger in the eye and offer a greeting. Watch a friend's child with no charge. Carry groceries inside for a neighbor. Leave a note on a colleague's desk. We can't always change our circumstances, but we can change how we treat others.

Looking for a little help finding perspective? Your EAP can do just that. Connect today for access to endless tools to help aid you in your journey to a healthier, happier life.





Get help

at 800-624-5544 or request a counseling session online.



Find resources

Visit the EAP website for more tips and tools to becoming your best self.



Spread awareness

Share the importance of mental health on your Facebook page.



Connect today

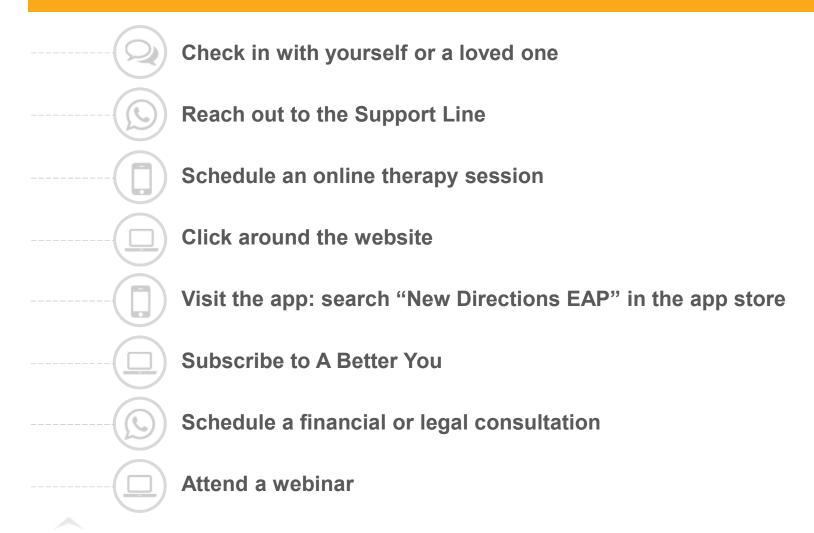
Reaching the EAP is easy Download our app today.

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EAPM-597-20190202

Start today

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QUESTIONS?